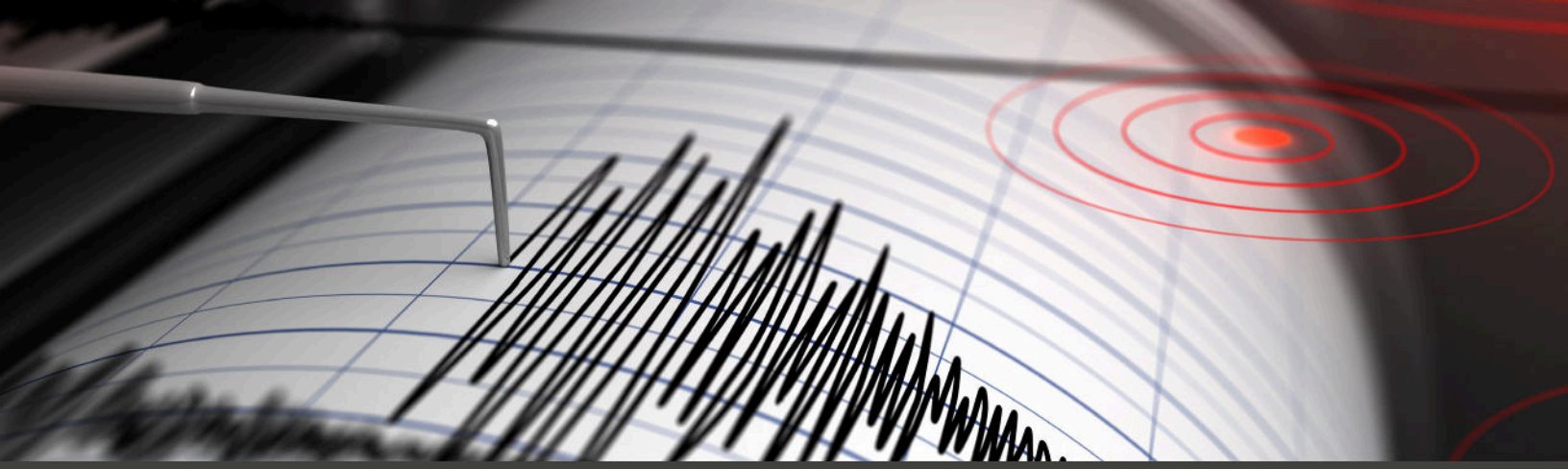


TIPS FOR EARTHQUAKE SAFETY

BEING PREPARED for an earthquake in Southern California is essential. Use this guide to form a better understanding of what's needed to keep you and your family safe before, during, and after a potential disaster.

PREPARE A HOME EARTHQUAKE PLAN

• Choose a safe place in every room - under a sturdy table or against an inside wall where nothing can fall on you.
• Practice DROP, COVER and HOLD ON at least twice a year. Drop under a sturdy table, hold on and protect your eyes by pressing your face against your arm. If there's no table nearby, sit on the floor against an interior wall away from windows, bookcases or tall furniture that could fall on you.
• Choose an out of town family contact. Prepare where to meet if you get separated.
• Consult a professional to find out additional ways you can protect your home, such as bolting the house to its foundation and other structural mitigation techniques.
• Take a first aid class from your local Red Cross chapter. Keep your training current.
• Get training in how to use a fire extinguisher from your local fire department.
• Inform babysitters and caregivers of your plan.
• Consider obtaining an earthquake insurance policy. Standard homeowner's insurance does not cover earthquake damage.

ELIMINATE HAZARDS, INCLUDING:

• Bolting bookcases, china cabinets and other tall furniture to wall studs.
• Installing strong latches on cupboards.
• Strapping the water heater to wall studs

PREPARE A DISASTER KIT FOR HOME & CAR

• Make a supply kit that includes enough food and water for at least three days, a flashlight, a fire extinguisher, and a whistle.
• Consider each person's specific needs, including medication.
• Do not forget the needs of pets.
• Have extra batteries and charging devices for phones and other critical equipment.

SURVIVE DURING

• Drop, Cover, then Hold On like you practiced. Drop to your hands and knees. Cover your head and neck with your arms. Hold on to any sturdy furniture until the shaking stops. Crawl only if you can reach better cover without going through an area with more debris.
• If in bed, stay there and cover your head and neck with a pillow.
• If inside, stay there until the shaking stops. DO NOT run outside.
• If in a vehicle, stop in a clear area that is away from buildings, trees, overpasses, underpasses, or utility wires.
• If you are in a high-rise building, expect fire alarms and sprinklers to go off. Do not use elevators.
• If near slopes, cliffs, or mountains, be alert for falling rocks and landslides.

BE SAFE AFTER

• Expect aftershocks to follow the largest shock of an earthquake.
• Check yourself for injury and provide assistance to others if you have training.
• If in a damaged building, go outside and quickly move away from the building.
• Do not enter damaged buildings.
• If you are trapped, cover your mouth. Send a text, bang on a pipe or wall, or use a whistle instead of shouting so that rescuers can locate you.
• If you are in an area that may experience tsunamis, go inland or to higher ground immediately after the shaking stops.
• Save phone calls for emergencies.
• Once safe, monitor local news reports via battery operated radio, TV, social media, and cell phone text alerts for emergency information and instructions.
• Use extreme caution during post-disaster clean-up of buildings and around debris. Do not attempt to remove heavy debris by yourself. Wear protective clothing, including a long-sleeved shirt, long pants, work gloves, and sturdy, thick-soled shoes during clean-up.

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